

FAQs – Thames Hospice Open Water Swim Challenge

500m, 1k, 3k, 5k, 10k and 10k team swim suitable for experienced & novice open water swimmers. Get involved and help support Thames Hospice to continue to provide the best palliative and end-of-life care to the local community.

Do I need to fundraise?

We ask all participants to raise a minimum of £50, details of how to set up a fundraising page will be sent in a confirmation email after signing up. Just Giving campaign can also be found here <https://www.justgiving.com/campaign/thameshospiceopenwaterswim26>

Do I need to have swum in open water before?

If you have not swum in open water before we are happy to accept your entry but please ensure you have swum in open water at least once at a supervised facility before the day of the event. Bray Lake Watersports can offer a trial session for all participants of this event, details of which will be shared after registration.

Why is the 10km individual distance by interest only?

As this is our most challenging distance, for the safety of all involved specific parameters are in place to participate in the 10km individual distance. Please register your interest for the 10km individual swim at events@thameshospice.org.uk and our events team will be in touch.

Do I need a tow float?

All swimmers participating in 3km, 5km, 10km Individual or 10km team, it is mandatory to wear a tow float. Swimmers participating in 500m and 1km, if you have are training using a tow float, please use it at the event.

Do I need to wear a wetsuit?

The event is not a race and the decision you take as to whether you wear a wetsuit or not should be based on:

1. Your open water swimming experience
2. What you will be training in
3. What you are comfortable in for the distance you have entered
4. The water temperature on the day of the event

Can I bring friends and family along?

We welcome supporters but they must stay within the designated areas. Dogs are also welcome but must not enter the water.

Can children enter?

This is an over 18 swim event.

Will you provide food and drink for the longer swims?

No, but there will be a floating pontoon for you to place any nutritional snacks or drinks you will need and you're welcome to invite supporters to help organise this for you. You will be provided with a hot drink afterwards and the café is open for refreshments.

Is parking available?

There is a large carpark at Thames Hospice that is free to use.